



THE

## SPECTRUM

WEDNESDAY, OCTOBER 1, 2014

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 33, ISSUE 3

## IN THIS ISSUE

2

**NEW UNDERGRADUATE MAJOR***Global Studies major starts up this fall.*

3

**TIME MANAGEMENT***How do you manage your time?*

4

**ONLINE RESOURCES***SHU students weigh in on Webadvisor, Blackboard and SHUSquare.*

6

**CELEBRITY CHEF***Rob Gilmore cooks up some food for SHU students.*

7

**SILVER SPOON***Online delivery service. Coupon inside!*

8

**"DISASTER DATE" COMEDIAN***Geoff Keith fills the UC with laughter.*

9

**CHEEK TO CHEEK***Tony Bennett and Lady Gaga's release new collaborative jazz album.*

10

**MEN'S TENNIS***Kicks off season opener at the Hofstra Invitational.*

12

**WOMEN'S GOLF***Start their season at Navy Women's Invitational.*

## Fresh Check Day Bringing Awareness to Students

BY GABRIELLA NUTILE  
Staff Reporter

Sacred Heart University is having its second annual Fresh Check Day on Thursday, Oct. 2. This event will be held at 63's Dining Hall Lawn and Patio from 11 a.m.-2 p.m. In case of rain, it will be held in the Pitt Center.

Fresh Check Day is a day dedicated to raising awareness about depression and suicide across college campuses. The event includes peer-run interactive booths, along with music, free food, and giveaways with prizes.

Sophomore, Lauren Oddi, attended the event last year and had only positive things to say about it.

"My favorite part was the booth where we had to wear the beer goggles and try to dress the Barbie dolls because it showed me how much your vision and the ability to think clearly can be affected by alcohol," said Oddi. "I also liked the survey where they asked questions about your mental health and see how you are coping with school."

Oddi said that the event "made me realize we need to take better care of ourselves," and she recommends everyone attends the event because it was a lot of fun the previous year.

Fresh Check Day is a fairly new event that Sacred Heart has begun hosting and the Director of the Wellness Center,

Mary Jo Mason, explains how the event came to Sacred Heart's campus.

"We were approached by The Jordan Matthew Porco Memorial Foundation to bring this to our campus," said Mason. "Research has shown that during the first six weeks of school, freshmen in particular are at risk for suicide and this is an opportunity to get the word out that help is available."

The Jordan Matthew Porco Memorial Foundation was started after college freshman, Jordan Matthew Porco, committed suicide in 2011. Porco attended St. Michael's College in Vermont and was only 18 years old.

There was an event kick-off by keynote speaker, Anne Kubitsky, on Sept. 30, where she presented "The Look for the Good Project." This was presented as part of a colloquium in the Schine Auditorium.

The mission of "The Look for the Good Project" is for individuals to focus on gratitude. Kubitsky is in the process of writing her second book, and is looking for student's stories to include.

Fresh Check Day encourages students to be "one of the nine."

The idea of the saying "one of the nine," is based on studies showing that one in 10 students struggle, leaving nine to share their stories. The idea encourages students to say something if they suspect that a friend, classmate, or roommate is not doing well. This shows that there are people there to help individuals cope with what is bothering

them.

Some Sacred Heart clubs that will be in attendance at Fresh Check Day are Active Minds, Gay/Straight Alliance, Social Work Club, and the Student Wellness Education and Empowerment Team (S.W.E.E.T.).

President of S.W.E.E.T. senior Caroline Bertram was at the event last year as well and describes why she became a part of this event.

"S.W.E.E.T. plays a part because often times when students are struggling socially, or with stress, they turn to alcohol," said Bertram. "What they don't realize is that alcohol is a depressant, and the use of alcohol will actually hurt them more than help them because it can lead to alcohol addiction or make their depression more severe."

S.W.E.E.T. focuses on the effects of alcohol at the event and will have a tent that will challenge student's perceptions of drinking.

In addition to S.W.E.E.T. hosting a booth on harm reduction about binge drinking, there will also be gong therapy, therapy dogs, a Zumba class and much more. Fresh Check Day will have several giveaways including new TV's and iPads.

On Oct. 2, Kubitsky will be at the Fresh Check Day event, and a photographer will be there with her to take pictures of students who are willing to have their story featured for consideration in her book.

spectrum ONLINE

SACREDHEARTSPECTRUM.COM

@SHUSpectrum

SPECTRUM@SACREDHEART.EDU

Facebook.com/SHUSpectrumNewspaper

OFFICE 203.371.7963

ADVERTISING 203.371.7966

Spectrum-Advertising@sacredheart.edu



LOOK OUT FOR OUR WEEKLY SAFETY TIPS  
AND AN ARTICLE ABOUT SHU SAFETY  
WEEK IN OUR NEXT ISSUE.



# News

// The purpose of the Global Studies program is to prepare students to participate in a globalized world. //

-Dr. Lesley DeNardis

## New Undergraduate Major: Global Studies

BY FRANK McCONNELL  
Staff Reporter

This fall, Sacred Heart University has officially begun offering a new undergraduate major in Global Studies.

The new major, according to the Department of Government and Politics, strives to prepare students to assume their role as global citizens who are poised to contribute to the human community, one which transcends national borders and boundaries.

"The purpose of the Global Studies program is to prepare students to participate in a globalized world," said Program Director, Dr. Lesley DeNardis. "Many of today's problems cross national boundaries and global studies will equip students to face those challenges."

The program's first declared student, sophomore Adyel Duran, believes that the program will provide him with opportunities for the future.

"All in all, I truly feel that being a part of the Global Studies program will open up many doors of opportunity," said Duran. "It will allow me to approach the inevitable

rapid pace of change and transformations the world is facing today with more than just one vantage point."

One of the requirements of the global studies program is to spend time in a study abroad program.

"Since Global Studies majors are required to study abroad, knowing that SHU has developed a wide array of programs around the world was an added reason to move forward with the plans," said DeNardis.

The Sacred Heart Global Affairs office, which operates the study abroad programs, will play a significant role in the program.

"Students will work with both their advisor and the study abroad program advisors to identify the appropriate curriculum and situation for them," said Dr. Carrie Wojenski, the Director of the Global Affairs office.

Aside from the study abroad component of the major, there are several other requirements that have to be met.

Global Studies majors are required to take six credits of a foreign language. This can be completed through either foreign language study at Sacred Heart, or through one of its study abroad programs.

The program also requires classes such as International Relations, International Political Economy,

and Human Cultural Diversity to be taken.

"One thing that I would say is that global studies will complement any field of study. Even a minor in Global Studies will be of great use to any major," said Duran.

"It's a multidisciplinary field of study that has insights from political science, history, economics, international relations, sociology, geography, and many more. Even on its own, Global Studies will really give you the knowledge you need in our globalized world."

In its inaugural year, the program anticipates approximately 10 majors, but expects several new students added each additional year.

"The driving force behind the program was the current strategic direction of the university, which is emphasizing internationalization," said DeNardis. "Whether it is through admissions, open houses, or major fairs, we are trying anything to give the program visibility throughout campus."

Sacred Heart will be holding a reception in recognition of the new program on Oct. 29 in the Art and Design Gallery at the Edgerton Theatre.

## Pumpkin Spice & Everything Nice: A Celebration of Fall

BY GABRIELLE WASHINGTON  
Staff Reporter

On Saturday, Sept. 27, students gathered around 63's Patio Lawn to welcome the autumn season at this year's Fall Fest organized by Sacred Heart's Student Events Team.

Even though the warm weather felt more like summer, students celebrated the start of fall with traditional food favorites and all day activities.

"I had such a good day filled with food, music and fun," said junior Tori Lettierio.

Many students took the time to snap candid photos at the photo booth, which was just one of the many surprises Fall Fest had to offer.

"I didn't know the photo booth was going to be there, but I thought it was awesome," said sophomore Shelby Hickey.

The Student Events Team also had tables with foods typically found at many fall fairs, such as apple cider donuts, caramel apples, fried Oreos, and cotton candy.

"My friends and I got so excited for the custom apple making station. You got your apple and then you could put any topping on it like candy, caramel, peanuts or coconut. The food was awesome and I'm always down for a free t-shirt," said junior Joey Carruba.

While the food and giveaways were quite popular, the festival had many other attractions for students to enjoy.

Along with the photo booth, there was a live DJ and a place to make and create customized street signs.

"They're like road signs where you

could put different things on them. It was really cool to be able to personalize a sign with my name on it for my dorm," said junior Lerae Ettienne.

The festival also featured a beer garden for students over the age of 21. Seasonal beers such as Angry Orchard Hard Cider and Shipyard Pumpkin Ale were available.

"We've couldn't have had a more beautiful day at Fall Fest. The beer garden added a nice touch since it was the first year we did it," said senior Student Union Manager Natalie DeGennaro.

Right across from the beer garden

was another unexpected surprise.

A large bounce house was located on the lawn. The bounce house allowed people to play human foosball.

"You could move side to side but not forward and backwards and then there was a goalie for each end and

probably about three others per team. You just kicked the ball," said Williams.

Students continued to attend even as the evening began to slow down. Seniors Abshir Aden and Hunter Warner arrived later in the afternoon and still had a great time.

"I just got here. It was nice to take a break from theatre arts auditions and grab some food," said Aden. "Fall fest was a great time."

"This was a blast," said Warner.

All in all, the students of Sacred Heart University enjoyed another start to the autumn season at this year's annual Fall Fest.

This article was contributed by Asst. News Editor Melanie Vollono

## SpectrumSpotlight: Eli Young Band



The Eli Young Band will be performing this Friday, Oct. 3 in the William H. Pitt Center. The performance begins at 8 p.m., and doors open at 7 p.m.. Tickets are still available in the Student Activities office for \$35.

Their latest album "10,000 Towns" debuted at number one on the Billboard Top Country Albums chart. The GOLD-certified lead single "Drunk Last Night" scored Eli Young Band their third career number one single. The band's previous back-to-back singles were the DOUBLE PLATINUM "Crazy Girl" and the PLATINUM "Even If It Breaks Your Heart." Eli Young Band has previously toured with Jake Owen, Kenny Chesney, Rascal Flatts, Tim McGraw, Faith Hill, and Jason Aldean.

Information and photo courtesy of Eli Young Band.



# Perspectives

## How do you manage your time?

BY MEGAN FLOYD  
Staff Reporter

College students are usually faced with busy weekly schedules. To be successful, students must quickly learn to adapt to the college environment and figure out how to manage their time.

According to US News and World Report, common time management mistakes that everyone falls victim to are not sticking to a strict schedule, being distracted easily and procrastinating. College is tough enough as it is, but if you add a part-time or full-time job into the mix, time management gets harder and stress can severely increase.

"When it comes to time management and knowing what has to be done, I make sure I know when to do my assignments which helps me plan out how to balance work and school in the upcoming days," said senior Kieran McGirl.

According to Fox Business, a U.S. census revealed that 71 percent of the nation's 19.7 million college undergraduates were working in 2011 and one in five undergraduates were working at least 35 hours a week year round.

"Well, I have work study in the library, and I volunteer at an elementary school and then there's fencing and classes too," sophomore Carly Glowacky. I keep a planner with all my meetings and assignments and look at it week by week to plan the best time to do each project. I do my work in increments so that it's less stressful and I'm continuously working on it to create a better product, not one that's rushed just to be turned in on time."

Trying to get ahead of assignments

will give a student more control and create a better feeling when really tackling homework.

Kelci Lucler from CollegeLife.com suggests that planning ahead, executing, and finding motivation along the way will easily make students happier and excited to learn.

"I believe when it comes to time management and good organizational skills, staying organized is key to managing a busy schedule," said senior Aileen Trella. "I write out an hour to hour schedule for myself everyday in order to balance studying, working, practice, and a social life. Scheduling study time helps me to keep on top of my work and avoid procrastinating."

The Student Wellness Education and Empowerment Team (S.W.E.E.T.) on campus promotes well-being on campus. They are also a good resource when needing help in time management and stress.

In their last Stall Street Journal, which can be found on the back of bathroom doors on campus, the group suggests a few ways to get ahead in planning for tests. Being organized, going to professor's office hours, asking for lecture notes, and studying for 30-45 minutes at a time are all some tips that might help. If you are interested in taking advantage of S.W.E.E.T., you can also find information online at Sacred-heart.edu through the Offices & Services tab.

## Journalism: Dead or Alive?

SAM says...



When you think back to the initial start of journalism what do you think of? A lot of people jump initially to the start of the newspaper. Homosapiens have been communicating and expressing information since the beginning of human existence.

My point is that people will always find a way to communicate information to one another. Fast tracking around 200,000 years into the future, nowadays we are starting to see some of those old time, local papers begin to fade as tablets such as iPad's or Kindles are controlling our nation with the use of applications created by some of the major news broadcasters. While we may not be experiencing the sensations of turning the page of a newspaper on the train to work, we will still be able to retain information on our mobile device.

In today's society there are two types of journalism, one being documented in the daily paper being launched at your doorstep by the paperboy. The second all revolves around social media and Internet documentation. According to internetlives-tats.com, 500 million tweets are sent every single day. Information (informative and some maybe not so much) is posted repetitively every single day over several social media sites including Facebook, Twitter and even the latest campus sensation Yik-Yak.

Even if it may seem like it or not, the information that you are placing over social media is actually news. Posting a picture on Instagram, for instance, of the newest burger joint down the street is informing your own followers of this new spot. On a more serious topic, everyday human beings are constantly broadcasting pictures, videos and tweets regarding topics on war and elections. This is how many people are receiving information today, by simply entering the Twitter applications on their phones.

One motif that I have learned in my lifetime so far is that my generation is full of prosperity. Change. Change is good right? Well I believe so, as we become a more technologically advanced culture, I am totally for the experimentation of new products that help journalists express ideas and topics easier.

I see this debate on journalism never finding a definite answer. I also envision journalism pioneers and purists turning in their graves during this process of change in journalism. However I am positive that journalism is surely not dead, it is very much alive.

NICOLE says...



The definition of journalism according to Merriam-Webster is as follows: the activity or job of collecting, writing, and editing news stories for newspapers, magazines, television, or radio. Clearly this isn't an updated definition, but the question is, should it be updated and will it continue to be relevant?

Wondering if journalism is dying out is something that has come up a lot in recent years because of the great changes in technology, which have made print journalism become somewhat "old-fashioned." Clearly, I'm writing for my school paper, so I'm still a firm believer in print journalism, and I don't believe that journalism as a whole is dying out, but instead I think it's evolving. And evolving is what it has to do, how can something stay the same when the rest of the world isn't. Our world is constantly progressing, so the aspects of jobs, such as journalism, have to follow. Technology is making leaps and bounds, instead of looking at print journalism as drowning out, I like to think of the positives that the changes in journalism can bring which is exciting and important to the future of journalism as a whole.

Twitter is something that I've realized has taken a shot at journalism; there are many accounts that I even follow which are devoted solely to news updates. Some people think that this might not qualify as a type of journalism because they might say it's unprofessional, doesn't allow for enough information, or just simply because it's not something they really know enough about. Truthfully, I disagreed that Twitter was a type of journalism for a while, but I changed my mind after realizing some changes on the site this past year. I don't watch the news or read the paper everyday, so if it weren't for me following Twitter accounts such as CBS and CT News, then I don't think that I would know much about the events taking place day to day throughout the world.

50 years ago, if you walked by a coffee shop you'd see people reading the newspaper with a cigarette in hand. Now passing by, you'd see people staring at their phones with Starbucks in hand. Since technology is taking over, journalism is forced to go the technological route as well. Almost all newspapers are available online now, even Spectrum. There are blog sites for world topics, there are YouTube channels for news, live updates for news on Twitter, and one day I can even see Instagram having pages devoted to news updates and videos.

It's all bound to happen with the evolution of technology in our world, instead of looking at it as something negative, I'd like to believe print journalism won't die out, but maybe level out at where it is now and the technological sides of journalism that are coming out will be even more exciting to learn about and grow with.





# Perspectives

## Information at your fingertips

BY ALLY D'AMICO  
Staff Reporter

Blackboard, WebAdvisor, and SHUsquare are all essential parts to the everyday life of Sacred Heart students.

Blackboard is an online learning system designed to assist with courses outside of the classroom. The different tools it provides aims to enrich learning for students by allowing faculty to add resources that they can access online.

"Personally, I think Blackboard is a great resource," said junior Stephanie Puleo. "I use it to check both my

vide various course information. Professors can store all their information including the course syllabus, meeting schedule, all the assignments as well as somewhere to post grades.

Students can rely on Blackboard in order to find out what assignments they have and submit them directly to the website.

"I like Blackboard because I can access my work for class at any time," said freshman Dina Cefalu. "I am able to get my work done ahead of schedule, so that's a plus too."

WebAdvisor may not be used as frequently as Blackboard, but is also important.

WebAdvisor provides access to search and register for classes, view your schedule and transcript, submit payments among other functions.

"WebAdvisor is really useful. It's kind of like a central hub for all the information I need," said junior Chris Criscuolo. "From what classes I'm taking, my GPA and transcript, to all my financial stuff."

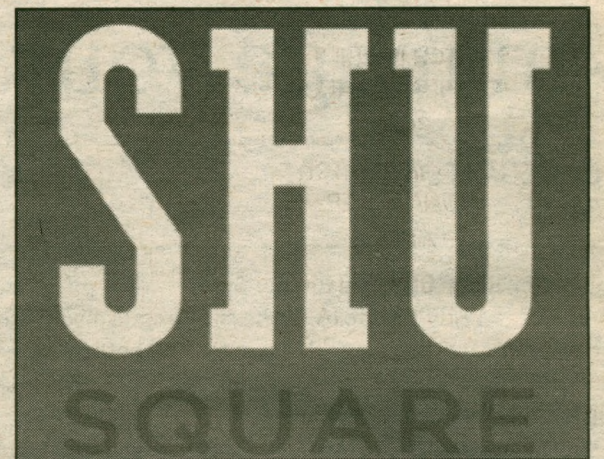
The newest of the online opportunities is SHUsquare, which became available in the fall of 2013.

"SHUsquare is an online platform that provides an authentic audience and purpose for digital writing, video blogging, multi-modal presentations, and the exchange of ideas among the First Year Seminars," said Director of SHUsquare and English Professor, Marie Hulme.

All freshmen are required to take a First Year Seminar class that focuses on writing, oral presentations, and research.

When the Sacred Heart faculty realized the way students communicate was online, they wanted a way for the conversations to continue outside the classroom.

"I had to use SHUsquare during my Freshmen



Seminar class," said Puleo. "We picked topics and had to record ourselves talking about it. Each week someone else posted and we would have to comment about it. I thought it was pretty interesting because I learned about stuff that I wouldn't necessarily have before."

Although it is a useful tool, some people aren't really sure of what it is.

"I haven't had to use SHUsquare yet, but so far, all I've heard is that it can be pretty confusing," said freshman Dan Schock.

The website features the different seminars, student spotlights, and other hubs where students can communicate, along with the dean's blog, and other resources.

"I hope students become agents of their own learning as a result of using the site, as creators of online content that they can be proud of and to engage them with a broad range of ideas," said Hulme. "Central to our mission as educators here at Sacred Heart is to develop autonomous learners and SHUsquare supports that mission."



grades and keep up with my assignments. As a student, I'm glad we have this resource at our fingertips and can use it at our convenience."

At the beginning of each semester, professors can open a Blackboard page for each of their classes and pro-

## It's Fall Y'all

Bobby O'Neill, **Senior**

*"This past weekend I went apple picking with the school choir and once the weather drops, I will break out the plaid flannels."*

Hayley Pereira, **Senior**

*"I'm excited for all the leaves to change color and colder weather finally. I can finally break out some sweaters!"*

Aleta Magliocchetti, **Sophomore**

*"I'm excited for fall because I get to keep warm by wearing all of my sweaters and scarves."*

Daniel Orcutt, **Senior**

*"In the fall I get most pumped to go to Six Flags Fright Fest."*

Harrison Ranscht, **Freshman**

*"Being able to still wear shorts with long sleeves and sweat shirts is when you know fall is coming. I'm always excited for football season, fall baseball and the trees changing color."*

Nicole Stemmler, **Sophomore**

*"The thing I like most about transitioning to fall is when Dunkin Donuts gives out their pumpkin spiced lattes again."*



PHOTO COURTESY OF AP



# Editorials

## meetTHESTAFF

- EDITOR IN CHIEF  
AMANDA SIALIANO  
2015
- MANAGING EDITOR  
ALANA MILLER  
2015
- CO - COPY EDITOR  
MARK PODESTA  
2015
- CO - COPY EDITOR  
KATIE SHEPARD  
2015
- NEWS EDITOR  
EMILY ARCHACKI  
2016
- ASST. NEWS EDITOR  
MELANIE VOLLONO  
2016
- PERSPECTIVES EDITOR  
SAM BUTLER  
2015
- ASST. PERSPECTIVES EDITOR  
NICOLE CANNIZZARO  
2016
- FEATURES EDITOR  
NATASHA KLINOFF  
2015
- ASST. FEATURES EDITOR  
MELANIE HOLEC  
2016
- A&E EDITOR  
MARISA PAPA  
2015
- ASST. A&E EDITOR  
NATALIE CIOFFARI  
2017
- SPORTS EDITOR  
NICK MCANENEY  
2015
- ASST. SPORTS EDITOR  
MATT MATERASSO  
2017
- ADVERTISING MANAGER  
ADRIANA ARMINIO  
2016
- ASST. ADVERTISING MANAGER  
RYAN COGHILL  
2017
- WEB & SOCIAL MEDIA MANAGER  
COLLEEN CROWLEY  
2015
- PUBLIC RELATIONS MANAGER  
KRISTINA BURGWIN  
2016
- CIRCULATION MANAGER  
CHRISTIAN COLON  
2017
- CO-PHOTOGRAPHY EDITOR  
MEGAN LACKMAN  
2015
- CO-PHOTOGRAPHY EDITOR  
FILIPE LOBATO  
2016
- ASST. PHOTOGRAPHY EDITOR  
ALYSSA ANDERSON  
2016
- GRAPHIC DESIGN EDITOR  
TBD
- FACULTY ADVISOR  
PROF. JOANNE KABAK

## How basic are you?

AMANDA SIALIANO  
EDITOR-IN-CHIEF



Do you enjoy pumpkin spiced lattes from Starbucks on a chilly fall day? How about Instagramming all of your nights out in your new outfit with your besties? If your answer is yes, then you have fallen in the stereotypical trap of being called “basic” also known as a “basic b---h.” But what does this term really even mean? According to Urban Dictionary a “basic b---h” is, “someone devoid of defining characteristics that might make a person interesting, extraordinary, or just simply worth devoting time or attention to.” So apparently if I wear my Lokai bracelet everyday and enjoy getting manicures and pedicures often I am a boring, unsophisticated 21 year old that no one wants to talk to? Although I don’t agree with this particular definition nor think it’s true, I can agree that I do like the categorized “basic” things in life.

Yes, I Snapchat my autumn squash soup from Panera and I’m not ashamed of it because it’s that delicious. I Instagram a #tbt picture practically every week because I need to remind my followers of what great times I’ve had. So yes, maybe I am a little “basic”...but is that really such a bad thing?

In today’s society, we all act like we are yearning to be different from the rest of our peers and if we feel that people are packing together and being annoying we call them “basic.”

Think about it. Wouldn’t categorizing people as being “basic” in fact make you unoriginal? I think that all of us ultimately are basic! We all bond over the things that we like doing, buying or wearing. As I’m sitting in the Spectrum office writing this, some of the staff members came up with a list of “basic” things that we like. Uggs, Vineyard Vines, Sperry’s, Michael Kohrs watches, wedding Pinterest pages and infinity tattoos....the list goes on. Do you like Jennifer Lawrence and Taylor Swift, I guess you’re basic! Fangirling over One Direction, yes basic. Still not sure if you fall under the “basic” category? There’s a Buzzfeed quiz for that!

I guess what I’m trying to say is that there is nothing wrong with being “basic.” If you love rom-coms and need to have your weekly fro-yo fixes, embrace it! I think we all need to embrace the “basic b---h” in all of us. Liking something that’s popular doesn’t make you uninteresting. So don’t mock someone for liking something “basic” because that’s who they are and what they like. There are also plenty of things that don’t make me “basic” and they are what makes me stand out from the rest. We all have our own flair that makes us who we are. I’ll end with this...for all the “basic” that we have in us, there is always a little room for us to be ourselves.



## iTunes Festival: London

EMILY ARCHACKI  
NEWS EDITOR

Every September for the past seven years iTunes has held a music festival in London, England. The iTunes Festival is held in the Camden Roundhouse and starts on the first of the month, and the final performance is held on Sept. 30. The festival has brought together hundreds of performers and countless fans for the performances.

During the first four years of the festival, performances were only available if you could attend the concert. A few short weeks later iTunes would then release music recorded from the iTunes festival stage and made it available for purchase. Then in 2011 iTunes began offering audiences the opportunity to view the performances online. The shows were offered for free, live streaming through the iTunes website. iTunes continues the live streaming option today, and you can even view the performances for a limited time after the live performance. The performances can be viewed online through the iTunes website or through an app on Apple devices such as iPhones and iPads.

The iTunes festival is a great option for those individuals who are music fans, but do not have the opportunity to attend concerts regularly. The lineup also offers a large variety for fans of all genres of music. From brand new acts who are just beginning their headlining career, to acts that have been around

for many years.

This year’s festival once again featured artists from all genres. Everything from hip-hop, pop, rock, alternative to even classical music. The festival kicked off with electronic DJ deadmau5 and the final performance will be by Plácido Domingo, a Spanish-American tenor and operatic singer. Notable acts in the first week were David Guetta, Clean Bandit known for their hit “Rather Be”, the breakout Australian pop-punk boy band 5 Seconds of Summer, and Tony Bennett. The rest of the festival included popular artists like Sam Smith, Pharrell Williams, The Script, Maroon 5 and Ed Sheeran.

The performance I was most excited for was that of Ed Sheeran, which as of publication time I have not yet viewed. I like the iTunes Festival because it allows you to see big name artists for free on your computer. The video and sound quality is fantastic, which is better than watching concert performances on YouTube from a shaky iPhone camera with the artist being drowned out by screaming fans. I suggest that people take the opportunity to check out some of the performances, you may be surprised by how many acts are offered. Each year some artists return, but iTunes also tries to keep as wide of a variety of performers as diverse as the music offered by iTunes.

*The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday’s issue. All submissions are subject to editing for spelling, punctuation, and length.*

*Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacred-heart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*



# Features

“I think it’s really awesome, and everybody is so talented. It’s really hard to find a place to perform, so this nice to get started.”

-Tim Weiss on the Spotlight Showcase

## Rob Gilmore Shakes Up 63’s as “Celebrity Chef”

BY KESHAUDAS SPENCE  
Staff Reporter

On Sep. 24, Rob Gilmore, Director of Campus Experience, acted as a “Celebrity Chef” in the 63’s dining hall.

He cooked two different dishes, fried eggplant fries with chipotle mayo sauce and bacon wrapped chicken sliders.

“I’ve been cooking since I was seven, so when I received the email to be the celebrity chef for the day at 63’s, I couldn’t turn it down,” said Gilmore.

In 63’s students are used to the regular smell of pasta, pizza, garlic knots, and cheeseburgers, but this past Wednesday the smell coming from the dining hall was something a little different.

Many of Gilmore’s ideas for the dishes originated from the Shamrock Restaurant in Waterbury, Conn.

“I go there all the time and fell in love with both dishes, learned the ingredients and recipes, and figured that I would share them with the Sacred Heart community,” said Gilmore.

After watching Gilmore cook both dishes, a handful of Sacred Heart students were eager to share their opinions.

“Both dishes taste great! However, I liked the bacon wrapped chicken slider better because it had

more flavor and seasoning than the fried eggplant fries,” said senior Nicole LoStocco.

Senior Courtney Budenholzer was also impressed with Gilmore’s dishes. “The bacon wrapped chicken slider was the better dish because the chicken was seasoned just right and I love anything with bacon on it,”

said Budenholzer.

Both LoStocco and Budenholzer know Gilmore outside of his celebrity chef appearance. They work with him in the undergraduate admissions office.

Although many did enjoy the eggplant fries, it was no question that the chicken slider was a student favorite.

“The bacon wrapped chicken slider was by far the better of the two simply due to the chicken being cooked perfectly and it enhanced my taste buds and brought them on an ethnic journey,” said senior Kieran McGirl.

Similar to McGirl, junior Kemoy Powell agreed in saying that the chicken dish was superior to the eggplant.

“I truly liked the bacon wrapped slider better. My taste buds are not accustomed to the taste of fried eggplant like I am to good seasoned chicken,” said Powell. “But, it was good; it was just something different that I haven’t tasted before and the chicken was seasoned better which made me like the bacon wrapped chicken slider, the winner.”

On Oct. 8, the Sacred Heart wrestling coaches will take over 63s dinning hall as the next celebrity chefs.



THE SPECTRUM/ANTHONY BARTONIK

ROB GLIMORE HEATING UP THE KITCHEN

## Fall’s First Spotlight Showcase

BY ALEXANDRIA MARINI  
Staff Reporter

Last Wednesday, some Sacred Heart’s students came together to perform at the fall semester’s first Spotlight Showcase.

The SHU Spotlight Showcase gives students, faculty, and staff the opportunity to perform their own original pieces, covers, or poetry at the university.

This event, founded by media studies professor Gregory Golda, has been held once a month since April 2013 on the third floor of the Linda E. McMahon building. Spotlight tries to book at least six acts for each show.

“The SHU Spotlight Showcase is the direct result of a hand extended to me in 1986 by my then English teacher, Sydney Krupkin,” said Golda. “He gave so many students their stage debut as part of the McKinley Rock Ensemble.”

The concert series is organized and run by Golda’s advanced multimedia production class, giving the students the unique experience of communicating and engaging with each other while producing a complex event.

They rotate their positions for each show, providing

each student the chance to experience hosting, promoting, and performing.

Many students view the event as an opportunity for aspiring performers to break out of their shells.

“I’ve been performing in a couple Spotlight shows before this one,” said senior Ray Corriea. “It’s always a good feeling for me to share some originals that have never been heard of until a particular performance.”

Not only did Corriea perform, but he also hosted the show. He introduced each performer, conducted short interviews, and opened and closed the event himself.

“I first opened the show with my own original piece called ‘Traverse Town’ and closed with a Beatles cover called ‘Two of Us,’” he said.

The Spotlight Showcase is not just a learning opportunity for students and performers. The audience also enjoys watching artists perform original pieces.

“I think it’s really awesome, and everybody is so talented,” said junior Tim Weiss. “It’s really hard to find a place to perform, so this nice to get started.”

Weiss has never been in any of the Spotlight shows, but hopes to participate in the next one. “Watching them

perform is motivating me to go up there and perform myself, so I definitely want to do it next time,” he said.

The Spotlight Showcase, a result of Professor Golda’s passion for music, gives students a chance to perform, learn, and support each other. Beyond that, those involved with the event work with charities every month to help bring attention to various causes.

Every show, a charity is invited to speak to the audience about their organization. All proceeds are donated to the designated organization or charity, such as Habitat for Humanity or Community Connections. With each donation, you can receive a CD featuring some of the performers’ pieces.

“I love music, and this is a nice way to encourage original music on campus,” said Golda. “It’s also an educational experience for my production class because they are the ones producing it.”

For more information, visit the event’s website at [www.spotlightmusic.us](http://www.spotlightmusic.us).



PERFORMERS GIVE IT THEIR ALL DURING THE FIRST SPOTLIGHT OF THE YEAR

THE SPECTRUM/FILIPE LOBATO





**Good Food. Delivered.**  
Delicious food from your favorite local restaurants,  
delivered right to your door.

**1-855-55-DELIVER**

**1-855-553-3548    [www.silverspoondelivery.net](http://www.silverspoondelivery.net)**



**3 EASY STEPS  
TO DELICIOUS FOOD™**  
PLACE YOUR ORDER  
(THROUGH OUR WEBSITE OR BY CALLING US AT 1-855-553-3548)  
YOUR ORDER IS SENT TO THE  
RESTAURANT OF CHOICE  
OUR DRIVER PICKS UP YOUR ORDER  
AND DELIVERS IT TO YOU!  
\$15 Minimum. \$3 Delivery fee for most  
restaurants and tip for mobile server.  
Proudly Serving Fairfield, Westport and Southport  
Delivery Hours 10 am - 10 pm

USE CODE: SHUSA10  
Valid for online orders only. Cannot be combined.

**YOUR FIRST ONLINE ORDER**

**10% OFF**





# Arts & Entertainment

## Fall Fashion

*See How Students are Dressing for Fall*

BY NATALIE CIOFFARI

Asst. Arts & Entertainment Editor



Junior Haley Tanella has tucked in her denim GAP shirt into her dark wash GAP jeans. She also wears light brown suede shoes from DSW. Tanella has topped her outfit off with silver and gold Alex and Ani bangles, and long drop earrings.



Sophomore Allie Imhoff dressed up a Nordstrom black body-con dress with a simple patterned infinity scarf. For the chillier days, Imhoff paired this summery outfit with a Charlotte Ruse textured, fuzzy, long sweater. She has topped her outfit off with black Guess gladiator sandals, and silver and gold Alex and Ani bangles.



Freshman Miguel Rodriguez sports a full American Eagle outfit with casual sneakers. He wears a dark gray waffle knit shirt, with brown corduroy pants. Rodriguez also shows off a brown beaded necklace.

## SHU Welcomes "Disaster Date" Actor Geoff Keith

BY MARINNA DESANTIS

Staff Reporter

Sacred Heart welcomed comedian Geoff Keith to perform in the University Commons on September 25.

Keith, showing up a little late to the performance, walked in the door and immediately started making people laugh. There were few moments throughout the whole hour where laughter wasn't heard. He started off his set with jokes about his freshman year of college; they were easily relatable and hilarious.

There were almost only freshmen in attendance, with few sophomores and juniors. Many seats of the University Commons were empty. Keith laughed and said, "can we take some of these seats away for the people who didn't come see me?"

Students liked how relatable his jokes were to the college experience. He gave the uncensored, inappropriate, and real scenarios that most people run into sometime

throughout their college career.

"I liked that his jokes were so relatable to our college life. He was funny but also seemed really down to earth. I'm happy we came to his set, we all need a good laugh after a long week," said sophomore Alissa Olivetti.

Keith kept the audience involved with the show the entire time. He was very interactive which helped maintain a connection between him and the crowd.

"He kept picking me and my friends out of the audience which was hilarious. I'm definitely going to keep up his jokes about my friends," said junior Steven Masetti. "It was a really good stand-up comedy performance."

Many people didn't know who Keith was prior to this performance, but his face will definitely stick out to all in attendance after it.

"My biggest career accomplishment would probably be being on HBO, Comedy Central, and MTV. I've been a cast member on MTV's 'Disaster Date,'" said Keith.

He's also starred in a secret web show with Ashton Kutcher.

Keith went to college for his freshman year, but quickly realized college wasn't for him. During one of his jokes, he told the audience, "as soon as I got a book assigned, I was asking where the room to drop classes was."

His choice to drop out of college after one year seemed to jump start his comedy career. After only a few years of doing stand-up comedy and driving across his home state of California, famous comedian Pablo Francisco asked Keith to join him on tour.

Keith has big things to look forward to in the upcoming future. He's currently working on a scripted show about his life and being a big brother that is being created with the founder of Punk'd. Along with

plans for his new show, he's also traveling to colleges and comedy clubs across the country.

In addition, he co-wrote a book with one of his good friends, Ian Gulbransen, titled "Guys Have No Game: A Book Of First Impressions." He read a few excerpts from the book during the show and offered it for sale after the show. Keith was more than happy than to stay after to sign books, take pictures, and answer questions, which many students took advantage of.

"It was nice to stay after and talk to him. His personality is exactly how he was on stage. I'll definitely be looking out for his face on television," said junior Alyssa Bonacum.

Interested in writing? Enjoy taking photos?  
Contribute to  
The Spectrum

CONTACT [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu)



# Arts & Entertainment

## Lady Gaga and Tony Bennett’s New Release: “Cheek to Cheek”

BY NATALIE CIOFFARI  
Asst. Arts & Entertainment Editor

After nearly two years of studio work and recording, Tony Bennett and Lady Gaga finally released their first collaborative jazz album, “Cheek to Cheek,” on Sept. 23.

Bennett, 88, has been singing jazz his whole life. According to biography.com, he was discovered by Pearl Bailey in Greenwich Village and subsequently hired by Bob Hope in 1949. His first single, “Because of You,” shot to the top of the charts. Bennett was signed with Columbia Records; he has not stopped performing and singing since. This jazz album makes Bennett’s 40th album.

Gaga, 28, started singing at the age of 13, with piano ballads and jazz songs. She later worked her way up into being accepted into NYU, but later dropped out to pursue her dream as a pop star. In 2007, Interscope Records took her under their wing. From there, Gaga started her pop career with her first album, “The Fame.” This will be her fifth album.

Bennett first noticed Gaga at a charity event back in the fall of 2011. He had first approached her with an idea of doing a duet together for his upcoming album. Gaga said yes, and the two had started their jazz journey with their first hit single, “The Lady is a Tramp,” which is featured on Bennett’s album “Duets II.”

“When I first heard ‘The Lady is a Tramp’ on Bennett’s album, I was fascinated by the both of them. I loved them as a duet, and I knew that if they ever made an album



PHOTO COURTESY OF AP

“CHEEK TO CHEEK” WAS RELEASED ON SEPT. 23

together, it would be amazing,” said sophomore Laura Vero.

And from there, the idea of a jazz album sparked.

“I was a jazz singer since I was a little girl, and nobody had really picked up on it. So, when Tony asked I got really excited,” said Gaga during her interview with CBS on Sept. 21.

The artists started to collaborate on their album in early Jan. 2013. Bennett and Gaga’s entire album was re-

corded with a live jazz band, and everything was created in New York. The album features mostly duets, but also solo songs of Gaga and Bennett

“I think it is really cool that an iconic figure like Tony Bennett was able to collaborate with someone like a pop star like Lady Gaga,” said sophomore Stephen Bruno.

Bennett and Gaga’s album only features covers of songs. They sang songs from some of the oldest jazz artists like Billie Holiday, Ella Fitzgerald, Nat King Cole, Frank Sinatra, and even Frank’s daughter, Nancy Sinatra.

“Gaga is really showcasing her work by singing with Tony Bennett,” said junior Martine Szanto. “She is really bringing back a more classic sound.”

The first single to be released off their album was “Anything Goes” on July 29. The second single was “I Can’t Give You Anything But Love,” on August 19. From there, both songs reached the number one hit on Billboard’s charts for jazz. Gaga also released “Nature Boy” on her YouTube account on Sept. 16, just one week before the full album was due to be released. This single also hit Billboard’s charts for number one for jazz.

“Being able to sing pop and jazz flawlessly is not something every artist is capable of,” said Vero, “I truly admire Gaga for her passion with music.”

Their album “Cheek to Cheek” was released on Sept. 23. There is a standard version, which features 12 songs, and a deluxe version, which features 16 songs, available on iTunes or CD.

## Fall Fun Word Search

n	o	u	w	g	s	n	y	e	l	e	s	x	v	y
f	e	y	p	d	y	e	l	k	u	g	s	e	a	q
g	m	e	r	t	c	b	l	a	f	a	w	o	i	v
d	n	u	w	a	r	u	i	r	i	i	e	f	o	p
c	o	i	c	o	f	a	h	s	t	l	a	r	e	d
g	i	o	k	r	l	z	c	h	n	o	t	t	d	v
o	r	d	o	c	x	l	d	t	u	f	e	r	s	k
n	x	l	e	a	i	g	a	k	o	e	r	m	x	f
i	o	a	f	r	j	p	p	h	b	r	s	t	o	b
c	p	u	m	p	k	i	n	s	l	o	s	o	o	a
u	j	n	y	h	c	n	u	r	c	e	t	r	r	k
a	u	t	u	m	n	d	y	e	v	b	a	z	i	i
w	o	l	l	e	y	a	o	r	a	n	v	v	d	n
a	p	p	l	e	h	j	a	l	g	b	q	w	e	g
m	a	b	v	c	x	h	l	e	l	l	a	f	s	s

ACORN	CHILLY	FOLIAGE	PICKING	RIDES
APPLE	CIDER	FOOTBALL	PIES	SWEATERS
AUTUMN	COLORFUL	GOURDS	TRACTORS	YELLOW
BAKING	CRUNCHY	HALLOWEEN	PUMPKINS	RED
BOUNTIFUL	FALL	HARVEST	RAKE	ORANGE
HAY	LEAVES			



# Sports

## MEN'S TENNIS

# Solid Season Start Up

BY SHAWN SAILER  
Staff Reporter

The Sacred Heart men's tennis team opened up their season over the weekend of Sept. 20 at the Hofstra Invitational. The Pioneers went 14-14 at the tournament.

"The team did extremely well in their first tournament of the year," said head coach Paul Gagliardi. "We have four freshmen that played this weekend who gained valuable experience."

Freshman Cory Seltman had the best singles tournament for the Pioneers at Hofstra as he made it into the semifinals of the C flight. In his college debut he defeated freshman Luke Whaley of Saint Peter's 8-4 and junior Leonardo Pires of Hofstra 8-2. That set up a semifinal matchup with freshman Justin Park of Stony Brook. After dropping the first set 6-4, Seltman would go on to win the second set 6-3 to force a third set tiebreaker. Park would win the third set over Seltman 10-5 and move onto the final.

"My first college tournament was fun. It was a good experience," said Seltman. "I'm glad I was able to play well for my first tournament and hopefully I will be able to continue to do so."

Freshman Mathieu Pilote-Schraenen and freshman Francisco Del Valle Diaz also picked up wins in singles play. Pilote won his first round match 8-3 over Wagner freshman Lee-Shawn Stein in the B tournament. Del Valle Diaz defeated Wagner junior Sawyer Fonda 8-0 in the C flight. Both Sacred Heart freshmen would go on to lose in

the second round.

Sophomore Matt Dean won three consolation matches in flight A. Junior Brian Power went 2-1 in consolation play after dropping a close first round match, 8-6 to Stony Brook sophomore Tyler Hoffman. Senior Justin Pagan and sophomore Anthony Savio each won a match in consolation play. Sacred Heart went 8-2 overall in consolation play.

"It was a good start," said Savio. "We were a little rusty and the freshman got their first taste of college tennis. We can only move up from here."

In doubles, two pairs of Pioneers picked up first round victories. Freshman Mathieu Pilote-Schraenen and Pagan defeated Stony Brook 8-7 in Flight A. In Flight B, freshman Francisco Del Valle Diaz and Savio defeated Stony Brook 8-1. Both Sacred Heart pairs would lose in the second round. Both pairs lost by the same score, 8-5.

"It (the tournament) was really fun because it was the first tournament of the fall season," said Pagan. "It was nice seeing the competitiveness from the freshman."

The Pioneers were in action over the weekend of Sept. 26-28 when they traveled up to Storrs, Conn. for the UConn Invitational.

Prior to the tournament, Gagliardi felt as though the UConn Invitational was going to be a very good experience for his team.

"UConn invitational is great event. It is well run and we are going to get a good look at team we are playing this year. (Some of those teams include) Bryant, UConn, BU (Boston University) and Quinnipiac to name a few," said Gagliardi.

Following the UConn invitational, the Pioneers host crosstown-rival Fairfield University on Oct 3. The match is scheduled to start at 2 p.m.

Pagan is excited for the match against Fairfield and hopes that the team does well.

"I hope we kill them every year. I don't like them because they are in Fairfield and so are we," said Pagan. "I am confident that we will beat them."

After the match against Fairfield, Sacred Heart will play at the ITA Northeast Regionals at the National Tennis Center in Flushing, N.Y. from Oct. 16-19.

Savio has high hopes for the team as a whole for the season.

"We have a good group of players and we are looking forward to doing well and having a great season this year," said Savio.

The Pioneers finish the season at the Connecticut Invite at Yale University from Oct. 24-26.

Gagliardi thinks that this fall season is very important for his team in preparation for the spring.

"The fall is set up for the players to work on their games. It has less of a team focus with more individual events. However we are playing Fairfield in a scrimmage on October 3rd at home so I hope to get some fans out for that one," said Gagliardi.

# MLB Playoff Preview

*A look at some teams in the league and what to anticipate this season*

BY NICK MCANENEY  
Sports Editor

As summer starts to turn into fall, most people think of things such as the leaves changing color and how everything starts to become pumpkin flavored.

For sports fans though, fall means only one thing: the start of playoff baseball, one of the most exciting and thrilling times of the year.

Last year, in the most emotional postseason since the Yankees carried the hearts of New York City after the 9/11 attacks, the Boston Red Sox put the city on their backs and won their 8th World Series title, defeating the St. Louis Cardinals in six games.

With the Red Sox failing to make the playoffs this season, a new champion will be crowned this year. The AL Wild Card game took place Tuesday, as the Oakland A's traveled to Kansas City to face the Royals, who made the playoffs for the first time since 1985. The winner will take on the Los Angeles Angels of Anaheim in the ALDS starting October 2.

The A's send their newly acquired ace, Jon Lester, to the mound to take on the Royals ace, James Shields.

The NL Wild Card game will take place tonight in Pittsburgh as the Giants travel to take on the Pirates. Both teams made late pushes to try and capture their respective division crowns, but fell short and are now in this do or die



PHOTO COURTESY OF AP  
PITTSBURGH PIRATES POST GAME CELEBRATION

one game playoff.

The winner of this game will take on the Washington Nationals, the team with the best record in the National League.

The most intriguing series of the divisional round is the rematch of last years NLCS, the Los Angeles Dodgers against the St. Louis Cardinals. The winner of this series will most likely be the favorite to win the NL pennant, and it should be a hard fought series.

The Cardinals are the most experienced team in the National League, having many players on the roster that won the World Series in 2011 and returning from the World Series run last year.

The Dodgers are one of the most complete teams in all of baseball. They have a stacked lineup, featuring Adrian Gonzalez, Yasiel Puig, Matt Kemp, and Hanley Ramirez. They also have the best player in baseball right now, Clayton Kershaw. He has had a historic season, going 21-3 with a 1.77 ERA and 239 strikeouts. He is the favorite to win the MVP award and his third Cy Young Award in four seasons.

The final division matchup in the American League is the Detroit Tigers taking on the Baltimore Orioles. The Tigers have been a steady playoff team for the last couple of years, while the Orioles won their first division title since 1997.

The Tigers boast a roster full of All Star talent, and are trying to finally capture a World Series title after losing the World Series in 2012 and falling in the ALCS to the Red Sox last season.

They have a deep lineup, consisting of J.D. and Victor Martinez, Ian Kinsler, and the two-time defending AL MVP Miguel Cabrera. These hitters are complimented by a deep pitching staff consisting of the past three AL Cy Young Award winners in Justin Verlander, David Price, and Max Scherzer.

The Orioles, on the other hand, are a gritty team that are not full of recognizable names like the Tigers. The only household names are All Stars Adam Jones and Nelson Cruz, the AL home run champion. They have a pitching staff that will keep them in games, and have a solid bullpen that consistently shuts the door once handed the ball.

With the addition of the second wild card team, the MLB playoffs once again look to be full of drama and suspense. So get ready for what is sure to be another wild ride.



PHOTO COURTESY OF AP  
OAKLAND ATHLETICS CELEBRATE MAKING THE AMERICAN LEAGUE WILDCARD



Sports

Being remembered as a Yankee is fine with me. -Derek Jeter

A Final Salute to the Captain

Baseball Says Goodbye to a Legend

BY NICK MCANENEY  
Sports Editor

Derek Jeter summed up his entire career with his last swing of the bat at Yankee Stadium.

After an up and down season, Jeter stepped up to the plate in the bottom on the ninth with a runner on second and a chance to drive in the game winning run in his last home game ever.

And, like he has done so many times before, Jeter fought off an inside pitch and put it through the hole between first and second, and the winning run scored.

The ultimate storybook ending.

In a way, though, it was just typical Jeter.

With the whole country watching, and what must have felt like the world on his shoulders, Jeter did what he always did: stayed calm, cool and came through in the clutch.

“It’s been a blessing,” said Yankees manager Joe Girardi, according to NESN.com. “To manage a guy that is what you want in every player. What you want every player to care about. What you want every player to fight for. What you want every player to do.”

That’s how he became the captain. That’s how he earned the nickname “Mr. November.” That’s how he has won five World Series titles and became one of the best baseball players of our generation.

He ranks sixth all time in hits, ninth in runs scored, and seventh in at bats. He is a 14 time All-Star selection and won five Gold Glove awards. He was the model of consistency for the Yankees for two decades.

“I gave everything I had physically and mentally during that time,” said Jeter, according to the New York Post. “Now it’s time to step back and let someone else play.”

Derek Jeter was the apple of New York’s eye. He was the best player on the most successful franchise in American sports, and was expected not only to perform at a high level, but also help lead the Yankees to consistent World Series contention every single

year.

And he did. You never once heard him complain about anything. He just showed up every day and did his job. He was the purest player during the most tainted period in baseball history, the Steroid Era. When every big name in the game seemed to be getting accused of using banned substances, including his own teammates, Jeter was as far away from controversy as possible. People would scoff and laugh if someone were to bring up his name in a steroid discussion.

As he got older, his body broke down like all athletes do. Jeter broke his ankle in the 2012 postseason and then only played in 17 games the following season before his ankle, quadriceps and calf injuries forced him to prematurely end his season.

Signing a one-year contract, Jeter stated on February 12 that the 2014 season would be his last in the majors. It was going to be the end of an era, but the celebration had only just begun.

Every stadium Jeter went to this past year, he was greeted with gifts and thunderous applause. From receiving a kayak from the Los Angeles Angels of Anaheim to getting a standing ovation from the Boston Red Sox fans, there was no stone that seemed to be left unturned in his farewell tour.

So on Thursday, September 25, in his final home game, Jeter stepped into the box with the opportunity to turn his legend into myth. A chance to basically end a historic and Hall of Fame career the way one could only dream of.

And he did it. He came through like he always had before, leaving a lasting image in the minds of Yankee fans forever.

“For me I am happy to be known as a Yankee,” said Jeter. “I was the shortstop for the New York Yankees and I had the opportunity to do that for parts of 20 years. Being remembered as a Yankee is fine with me.”

As Jeter rounded first, he took his first steps to the Hall of Fame, and Yankee immortality.



JETER (FAR RIGHT) HONORED BY THE RED SOX THIS PAST WEEKEND

PHOTO COURTESY OF AP

COMINGup

Men’s Soccer  
SACRED HEART (0-8-1) @ NJIT (4-2-3)  
Wednesday, 7 p.m.

Field Hockey  
SACRED HEART (5-5) VS Maine (3-6) @ Vermont  
Saturday, 1 p.m.

SACRED HEART (5-5) @ Vermont (0-9)  
Sunday 1 p.m.

Football  
SACRED HEART (3-1) @ Delaware (3-1)  
Saturday, 3:30 p.m.

PLAYbyPLAY

Women’s Volleyball  
9/27  
SACRED HEART 2, St. Francis 3  
9/28  
SACRED HEART 0, Robert Morris

Women’s Soccer  
9/24  
SACRED HEART 2, Brown 1

Field Hockey  
9/27  
Sacred Heart 2, Lock Haven  
9/28  
Sacred Heart 2, Lehigh 4



# Sports

" We have been putting in a lot of work over the past couple of weeks and it was nice to see that pay off.   
 -Ellen Nighbor "

## WOMEN'S GOLF

# Pioneer's finish top five in Invitational

BY MATT MATERASSO  
Assistant Sports Editor

The Sacred Heart University's women's golf team has been performing on the golf course in "stand-out" fashion. On Sept. 21, the Pioneers finished fifth out of 15 at the Navy Women's Invitational at the Naval Academy Golf Course.

"I am very proud of the way our team finished at the tournament. Even though we are a young team I feel we have really great potential to have a good season as well as place in top three at conference," said sophomore Stephanie Lowe.

As a team, the Pioneers low score at the tournament can be reflected on the great performances throughout the weekend by Lowe and sophomore Ellen Nighbor.

Sacred Heart had its best team round of the season so far, accumulating a +26, 314 in the final round. The Pioneers finished five strokes behind fourth-place Lehigh at the Navy Invitational.

"I'm proud of the way the team finished at Navy," said Nighbor. "We have been putting in a lot of work over the past couple weeks and it was nice to see that pay off."

A round of golf for a player can either go well or not. There really is no in between. Players have different strengths and weakness that were exhibited throughout the course of play.

For Nighbor, her biggest strength was "not letting other people or distractions on the course get in my head while I play." On the other hand, her biggest weakness was "course management."

For Lowe, her biggest strength on the course is being able to "stay mentally focused and finish the round strong after a long day." Her biggest weakness though, "would be controlling my emotions after a bad shot or a bad hole; I get frustrated with myself because I know I could've compacted my mistake."

The Pioneers had two tournaments this season, starting at the Dartmouth Women's invitational in Hanover, N.H., a two day event. The first day the Pioneers finished eighth out of 13 teams, then dropped the second day, ending the tournament in 10th Place. The Navy Invitational went a lot better for the team as they placed fifth throughout the whole tournament.

Head coach Matthew McGreevy, has been a big help throughout the season while teaching and mentoring the team.

"My coach helps reassure me of shots if I am not completely confident in them while

I am out on the course," said Nighbor.

"Coach does help me out a lot. Such as measuring distances, walking and talking with me about my next shot," said Lowe.

"The Pioneer golf team practices a lot," said both Lowe and Nighbor. "We practice six to seven days a week for at least two and a half hours each day, maybe more if we are playing."

The team has two more events coming up in the season, playing at St. Andrew's Country Club in Greenburgh, N.Y. Oct. 6 and 7 and at Rutgers Golf Course in Piscataway, N.J. Oct. 10 and 11.



PHOT CREDIT SACREDHEART UNIVERSITY  
PIONEER GOLFER GETS READY TO DRIVE THE BALL

## PLAYERS of the WEEK

MARY  
ALTEPETER

HOMETOWN Chesterfield, Missouri    YEAR Junior  
MAJOR Biology    SPORT Field Hockey,  
Goalie  
STATS/AWARDS  
Named MAAC Player of the Week

J.D.  
ROUSSEL

HOMETOWN Pawtucket, Rhode Island    YEAR Senior  
MAJOR Marketing  
SPORT Football, Cornerback  
STATS/AWARDS  
Tied Sacred Heart career interception record with 15



" I CANNOT TAKE ALL THE CREDIT. FROM MY DEFENSIVE BACK FAMILY TO MY COACH BRYAN BUTTERWORTH, THEY HAVE ALL SUPPORTED ME AND HELPED ME GET INTO THE POSITION I AM IN. "